

Diane Costigan Discusses Attorney Mental Health and Wellness in PLI Program

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Winston's Director of Coaching and Well-Being Diane Costigan co-chaired the Practising Law Institute program "Taking Control of Your Well-Being: Mental Health and Wellness for Attorneys 2024."

Many attorneys face significant obstacles to their mental health and well-being due to long hours, challenging expectations, and other facets of the legal profession. Recognizing that these challenges could negatively impact attorney competence, many law firms, companies, and organizations are striving to support attorney well-being. In this program, Diane and her fellow panelists offer resources, strategies, and techniques to improve your well-being and maintain your competence as an attorney.

KEY TAKEAWAYS

ORGANIZATIONAL TIPS:

- Create safe spaces to have mental health conversations.
- Encourage leaders to share personal mental health stories to reduce stigma.
- Foster a culture of recognition and social interactions.

PERSONAL TIPS:

- Take breaks throughout the day. It's a powerful well-being tool.
- Create practices to monitor and manage thoughts and process emotions.
- Schedule movement and breathing exercises into your day.

[Access the program here.](#)

1 Min Read

Speaker

Diane Costigan

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Diane Costigan